

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Vol. 49, No. 6

www.laughlin.af.mil

Feb. 16, 2001

the inside Scoop

Pilot graduation:

Specialized Undergraduate Pilot Training Class 01-05 graduates today...

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Tops in Blue:

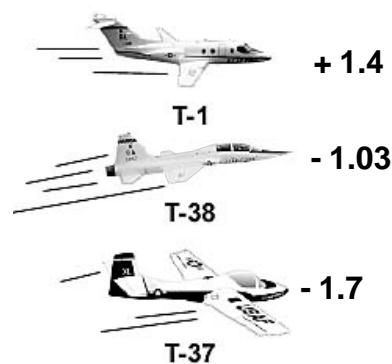
Tops in Blue 2000 draws Laughlin and Del Rio communities to Feb. 8 performance at Del Rio's Paul Poag Theatre...

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Mission status

(As of Feb. 13)

Days ahead(+) or behind(-)



Fiscal Year 2001 statistics

--Sorties flown: 22,934
--Hours flown: 34,295.4
--Pilot wings earned in FY 01: 93
--Wings earned since 1963: 11,801

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Base member wins AETC award

By Airman 1st Class
Brad Pettit

Editor

A Laughlin member was recently awarded the Air Education and Training Command Civilian Program Specialist of the Year Award.

Pamela A. Gonzales, Laughlin Civil Service Aircraft Maintenance, received the award for her accomplishments achieved while working as an LCSAM executive support flight manager.

As part of her duties, Gonzales supervised accurate programming and execution of 63 percent of the Laughlin budget – \$96.5 million that incorporated local pilot training support and fund oversight for the AETC contract engine regional repair center. Her leadership also led AETC to characterize her \$14.7 million cost per flying hour program as “meticulous and error free.”

“I am extremely honored,” said Gonzales of receiving the award. “I’m fortunate to have the chance to work with extraordinary managers and co-



Photo by Airman 1st Class Brad Pettit

Pamela Gonzales, LCSAM, and Ted Jenkins, LCSAM, review a position description for consideration in her office Tuesday as part of her duty as an executive support flight manager.

workers in a job I find challenging. I enjoy working in a position where I can learn something new, and Maintenance provides that.”

Gonzales volunteered to show her capacity for learning by completing all training competencies for upgrade to

GS-9 from an entry-level GS-7 pay grade in a flight characterized by many diverse resource management responsibilities and liabilities. She also tended manpower to keep 649 positions filled for mission support underpinning the

See ‘Award,’ page 6

Laughlin supports Valentines for Vets program

By Capt. John N. Bryan

AETC Public Affairs

More than 150,000 veterans are cared for every day in Department of Veterans Affairs facilities across the country, and in a national effort to increase morale among hospitalized veterans, the VA organized the 2001 National Salute to Hospitalized Veterans’ Week Feb. 11-17.

Air Education and Training Command’s “Valentines for Vets” program supports the national recognition week and offers people the chance to express their appreciation to veterans in hospitals and nursing homes in nearby communities.

The annual VA national salute program established in 1978 calls upon citizens to consider volunteering at a VA hospital or an outpatient clinic by performing a wide array

of tasks including clerical work, answering phones, escorting veterans to and from appointments, and simply sending cards to veterans at the nearest medical center.

Laughlin participated in the program by sending more than 2,500 handmade valentines made by children from schools in the Del Rio area to VA facilities in California, San Antonio and Houston.

“This program is a wonderful opportunity for the Laughlin and Del Rio communities to let hospitalized veterans know that their sacrifices and dedication to our country have not been forgotten,” said Sabrina Pena, 47th Mission Support Squadron. “It is also a great opportunity to discuss with children ideas that form the foundation of our country like patriotism, freedom

See ‘Vets,’ page 13



Commanders' Corner

Air Force is contracting out today more than ever

By Maj. Michelle Miller

47th Contracting Squadron

There was a time when the Air Force contracted for services because it was more convenient than doing the work in house. Those days are long gone.

The decrease in the size of the military over the past decade has caused many base functions once performed by servicemembers to now be accomplished by contractors with the same high quality. When the first cuts were made in military personnel, we were expected to "do more with less." As the cuts became deeper, the military understood the reality was that we would do less with less until we contracted out some of the work.

When it comes to contracting out work, Laughlin is no different than many bases. For military or Department of Defense civilian members that have been around for a while, it may seem odd to watch the growing presence of contractors on a base. This is no longer your father's Air Force. Contractors are a force multiplier and we can't get the mission done without them. The reality is that Laughlin can't train the best air warriors without contractors on our team.

Laughlin has literally thousands of contracts to

support our mission. For example, we have a very successful contract for flight simulator instruction. The engine regional repair center repairs the engines for all T-37 and T-38 aircraft. The base operating support contract provides services such as supply, housing maintenance and repair, vehicle operations and many others. Laughlin also has contracts for runway repair, building renovation, dining hall food service, fitness equipment,

music directors for the chapel, fencing for family housing, trees planted across base and carpet installation. This short list of Laughlin's contracts provides a glimpse into the impact our contractors have on our mission.

Laughlin contracts for high-quality commodities and services to ensure mission success. But this is done with constrained resources. If a military member or DoD civilian does the work, the primary resource constraint is often manpower. In the case of contract work, the constraint is usually funding. Budgets are

tight – we contract for what we need and not always what we want. We need to stretch those dollars as far as we can.

Contract specialists gets the mission done by developing a contract for a specific requirement. It is important for the "end user" to clearly state

that requirement before the contract is signed. We often receive input on what the contractor should have done or what was really needed during the performance of the contract. If it is a true mission requirement, we can modify the contract within legal parameters. In this case, it usually costs the Air Force more money and the work takes more time. If the change is not mission-essential, the contract will proceed as written to save our scarce resources.

When a contract is written, it is written in terms of the end requirement and does not provide specifics on how to get the job done. This approach is not unintentional. It can be called "performance-based" contracting, "effects-based" contracting, or "get-out-the-way-and-let-me-get-the-job-done" contracting. The focus is getting the mission accomplished and not standing over the contractor's shoulder. If there are specific requirements on how the process should be done (i.e. work must be done during off-duty hours, contractor must provide a specific number of workers, etc.), those need to be identified before the contract is signed. It may cost Laughlin more money to add these specifics, but if the mission requires it, the contract will contain it.

In this area, qualified contractors are not plentiful because we are in an isolated region. There are times when only one qualified contractor accepts the work we need accomplished. Many other contractors commute from San Antonio or other areas. Both situations limit our flexibility to make quick changes to contract work. These situations require additional coordination, good communication, and sometimes some patience on the part of Laughlin members. Whatever the limitations, we'll ensure the mission is accomplished.

By now you should have an idea of the types of contracts Laughlin has and why firm requirements are important. You should also have realized there is not a person on Laughlin that is not impacted by contract work. The use of contract support on a base will continue to grow. The better you understand the process of contracting for your commodities and services, the easier your job will be. None of us can function without support from our contractors. Just as there are different

See 'Contracting,' page 13

"The decrease in the size of the military over the past decade has caused many base functions once performed by servicemembers to now be accomplished by contractors with the same high quality."

Col. Jack Egginton
Commander
Capt. Angela O'Connell
Public affairs officer
Airman 1st Class Brad Pettit
Editor

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Del Rio News Herald of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color or, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs Office of the 47th Flying Training Wing. All photographs are Air Force photographs unless otherwise

indicated.

Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be E-mailed to: bradley.pettit@laughlin.af.mil or reginald.woodruff@laughlin.af.mil

"Excellence – not our goal, but our standard."

– 47 FTW motto

Future NCOs complete Airman Leadership School

Airman Leadership School Class 01-1 graduated in a ceremony at Club XL Tuesday.

ALS prepares senior airmen for official supervisory and reporting procedures.

Students enrolled are senior airmen with at least 2 years in service and one year retainability in the Air Force.

Instruction covers profession of arms, leadership and communications skills.



Francisco Cantu, Jr.
47th Medical Group



Eric J. McGee
47th Operations Support Squadron



William T. Root
47th Operations Support Squadron



Samantha A. Bogumil
47th Flying Training Wing



Jeanne M. Huss
47th Medical Group



Frolian M. Flores
47th Services Division



Daniel L. Curtis
47th Communications Squadron



Matthew D. Muzzio
47th Communications Squadron



Diana B. Beauvais
47th Flying Training Wing



Stephanie L. Hurley
47th Aeromedical Dental Squadron



Jennifer L. Nalls
47th Services Division



James D. Hebert
47th Operations Support Squadron



Ronald L. Coleman, Jr.
47th Flying Training Wing



Bianca O. Lueras
47th Medical Group

Actionline

Call 298-5351

personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal



Col. Jack Egginton
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

Where are they now?

Name: Capt. William D. Hall.
Class/Date of graduation from Laughlin: Class 99-10, June 11, 1999.
Aircraft you now fly and base you are stationed at: C-141, McChord AFB, Wa.
Mission of your current aircraft? Strategic airlift.
What do you like most about your current aircraft? Worldwide travel.
What do you dislike most about your current aircraft? Old avionics.
What was the most important thing you learned at Laughlin besides learning to fly? How to water ski.
What is your most memorable experience from Laughlin? The flood.
What advice would you give SUPT students at Laughlin? Enjoy your time together as a class. It doesn't ever get that good again as far as camaraderie goes.



African-American pioneers

Agriculturist: George Washington Carver



George Washington Carver, born in Diamond, Mo., in 1864, was an agriculturist, inventor and educator.

In 1896, George Washington Carver accepted an invitation from Booker T. Washington to head the agricultural department at Tuskegee Normal and Industrial Institute for Negroes (now Tuskegee University).

During a tenure that lasted nearly 50 years, Carver elevated the scientific study of

farming, improved the health and agricultural output of southern farmers and developed hundreds of uses for their crops.

Carver used scientific means to tackle widespread poverty and malnutrition among local black farmers. Year after year, farmers had planted cotton on the same plots of land and thereby exhausted the topsoil's nutrients. By testing the soil, he discovered that a lack of nitrogen accounted for consistently low harvests.

While at Iowa State, Carver had learned that certain plants in the pea family extracted nitrogen from the air and deposited it in the soil. To maintain the topsoil's balance of nutrients, Carver advised farmers to alternate planting cotton and peanuts. This farming method proved effective and within a few years, farmers saw a dramatic increase in their crop production.

Carver only patented three of his 500 agriculture-based inventions, reasoning, "God gave them to me, how can I sell them to someone else?" He lived frugally, accepting only a small portion of his salary, and donated his life savings to a fund encouraging research in agricultural sciences.

Air Force portal: A quantum jump in web technology

By Janine Hendricks

AETC Computer Systems Squadron

Air Education and Training Command members will soon gain exciting new information technology capabilities on their desktop computers via the Air Force Portal, a Web-based, single-point entry to access a variety of online information resources and services.

The Air Force Portal, also known as My.AF, is part of a new, fast-paced strategy to migrate the Air Force's information technology systems to the vision of "One Air Force – One Network." The service's goal is to quickly move into a new technological age by providing a My.AF account to every Air Force member by July.

"Through One Air Force – One Network, the Air Force is changing how we leverage information technology to improve combat effectiveness and daily mission performance," said Lt. Gen. John L. Woodward Jr., Air Force deputy chief of staff for communications and information.

The AETC Computer Systems Squadron at Randolph AFB is laying the groundwork to implement the Portal throughout the command. Efforts

are underway to Web-enable and consolidate mission and administrative processes and computer systems Air Force-wide. This will allow airmen to conduct operations more reliably and efficiently with "24/7" worldwide access to Air Force applications and information, said Master Sgt. Russ Williams, AETC Portal action officer.

"Through one Air Force – One Network, the Air Force is changing how we leverage information technology to improve combat effectiveness and daily mission performance."

-Lt. Gen. John L. Woodward, Jr.
AF communications,
information deputy chief of staff

"The Portal will be hosted on the Global Combat Support System, which will also provide a path for integrating applications onto the Portal," said Lt. Col. Dave Packham, Air Force Portal focus group leader. "Our goal, as defined by the chief of staff, is to have a fully capable portal by July 1.

The first Air Force Portal accounts in AETC will be activated Randolph AFB later this month, and activations will continue command-wide through July. As AETC CSS completes the initial account rollout, each base's communications squadron will assume

local administration of the accounts.

Those who already have an established e-mail account in AETC will receive an official "congratulations" e-mail containing a My.AF user-ID in the next few months. The e-mail will outline general

information and detailed instructions necessary to activate a My.AF account.

My.AF will enable near "real-time" situational awareness, information sharing and information alignment to specific functional areas.

"Navigating My.AF will be similar to getting around on the Internet," said Master Sgt. Williams. "Users can customize their view of the Portal to match their individual requirements and mission needs."

Some personalized settings include links to Aerospace Expeditionary Force updates, weather, news, functional business applications, publications and forms, and a myriad of other options.

My.AF will also expand to include self-service capabilities such as the Air Force Operations Resource Management System, providing real-time training and flight data. Other resources include: My Money, for civilian pay inquiries; e-LES, for military leave and earning statement information; and v-MPF, for access to military personnel data.

The development of the Air Force Portal complements the service's information technology vision, which is to provide "mission success across the spectrum of operations ... the right information, in the right format, to the right place, at the right time."

For more information and details about his technology, log on to www.aetc.af.mil/css/SCI/s03t0035.htm.

(Courtesy AETCNS)

'Award,' from page 1
most aggressive pilot training
commitment in AETC.

"She is a success story
worth sharing with the rest of
the Air Force," said Robert
Wood, 47th Operations Group
chief of maintenance. "We
want everyone else to know it
too."

Gonzales will go on to
compete for the award at Air
Force level later this year.



United States Air Force
**ONLINE
news**

news
editorials from leaders
letters to the editor

Hey!
You should
be doubling
your
intake.

If you aren't
looking at the United
States Air Force
Online News as an
additional source of
information,
you aren't getting
everything.

Check it out
Wednesday at:
[http://www.af.mil/
newspaper](http://www.af.mil/newspaper).



Please recycle this newspaper.



SUPT Class 01-05 graduates

Student Undergraduate Pilot Training Class 01-05 graduates at 10 a.m. today in the Operation Training Complex auditorium.

The 52-week SUPT program prepares student pilots for the entire spectrum of Air Force aircraft and flying missions.

Training begins with three weeks of physiological and academic training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine subsonic T-37 Tweet. In the T-37, students learn flight characteristics, emergency procedures,

takeoff and landing, aerobatics and formation flying.

After primary training, the future pilots are selected for advanced in-flight training in a specialized track.

The tracks include tanker, bomber and cargo pilot training in the T-1 aircraft, fighter pilots training in the T-38, turbo propeller aircraft training in the Navy's T-44, and helicopter training in Army's UH-1. Advanced training in a track takes about 26 weeks.

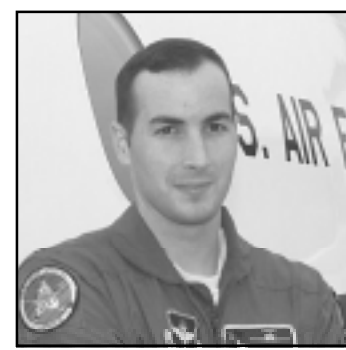
Graduates of Class 01-05 have been assigned to aircraft at duty stations throughout the world.



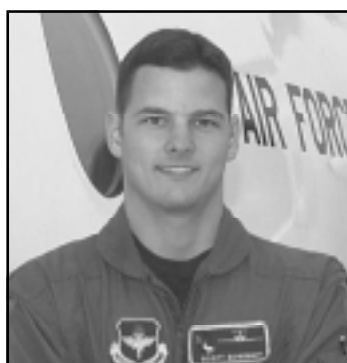
Capt. Andrew D. Loomis
KC-135 Eielson AFB, Alaska (ANG)



2nd Lt. Nicholas B. Evans
F-16 Luke AFB, Ariz.



1st Lt. Douglas M. Sayers
C-38 Andrews AFB, Md. (AFRC)



2nd Lt. Robert S. Bowshot
C-5 Travis AFB, Calif.



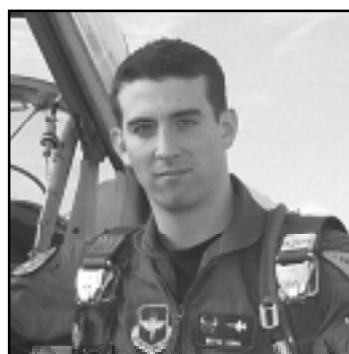
2nd Lt. Paul N. Brown
A-10 Davis-Monthan AFB, Ariz.



2nd Lt. Eric W. Bucheit, Jr.
C-17 Charleston AFB, S.C.



2nd Lt. Katherine E. Burkhead
B-52 Barksdale AFB, La.



2nd Lt. Wayne T. King
T-37 Laughlin AFB, Texas



2nd Lt. Ryan J. Orfe
C-17 Charleston AFB, S.C.



2nd Lt. Gaspar Oronoz
T-1 Laughlin AFB, Texas



2nd Lt. Lawrence L. Osiechi II
KC-135 Selfridge, Mich. (AFRC)



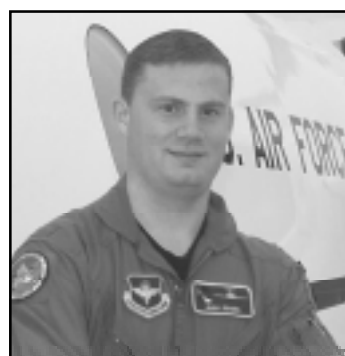
2nd Lt. John S. Cobb
B-1 Robins AFB, Ga. (ANG)



2nd Lt. Cory A. Cook
C-9 Yokota AB, Japan



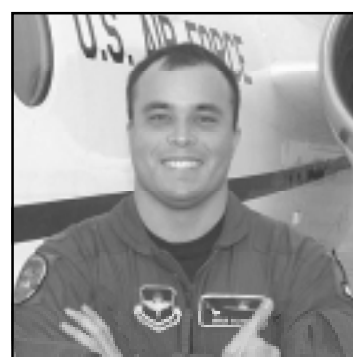
2nd Lt. Brent W. Deckard
C-5 Travis AFB, Calif. (AFRC)



2nd Lt. Joshua J. Jensen
KC-135 Grand Forks, N.D.



2nd Lt. James M. Podany
C-21 Offutt AFB, Neb.



2nd Lt. Robert B. Silver
C-141 McGuire AFB, N.J. (AFRC)



2nd Lt. Jeffrey J. Sliwinski
KC-135 McConnell AFB, Kan.



2nd Lt. James T. Smith
B-1 Dyess AFB, Texas



2nd Lt. Darcy L. Thorstenson
RC-135 Offutt AFB, Neb.



2nd Lt. Alan R. Wade
T-38 Laughlin AFB, Texas

Tops In Blue electrifies Del Rio

Story and photos by
Staff Sgt. Reginal Woodruff
Public affairs

Tops In Blue sang, danced and dazzled citizens of Laughlin and Del Rio at a packed Paul Poage Theatre in downtown Del Rio Feb 8.

"The show was awesome!" said Staff Sgt. Jennifer Ruiz, 47th Aeromedical Dental Squadron. "I've never been disappointed by a Tops In Blue performance. Their talent is amazing."

This world-renowned production is an Air Force special unit made up of active duty servicemembers who were selected among thousands of talented airmen.

TIB began in 1953 as a vision created by Col. Alvin E. Reilly to recognize the high caliber of entertainment available in the Air Force community. The enormous popularity of the group has made them military and American goodwill ambassadors around the globe.



An audience member is the center of attention during a medley of tunes from the 70s.



1st Lt. Eric J. Cameron stole the show with his 10-minute solo, which was sometimes drowned out by applause.



Crystal McCauley, daughter of Staff Sgt. Sean and Glenda McCauley, enjoys a serenade on stage by Glinda the Good Witch—1st Lt. Kathryn Ellis.



1st Lt. Ellis donned patriotic attire for one of Tops In Blue's closing songs.

C&A process identifies risks, protects AF networks

By Master Sgt. Paul Gorom

Air Force Communications Agency

Certification and accreditation. These words can strike fear into a wing's Information Assurance office, network control center, and program management office. If a C&A is accomplished, everyone can breathe easy. If one is not done, it could later require months of painstaking research into every aspect of a system, network and stand-alone PC.

Many public laws and Department of Defense or Air Force Instructions mandate the process. A C&A identifies all threats and vulnerabilities associated with the system, including all functional systems and networks. It details the actions taken to mitigate risks to an acceptable level. It also lays out the functionality, performance issues and budget for the life cycle of the system. C&A identifies risks associated with the system and its potential to impact the Air Force network infrastructure.

The Air Force is at the point where one base

network infrastructure can affect all bases. If 99 percent of all Air Force bases are certified and accredited and all known vulnerabilities are mitigated, that last one percent that has not identified and corrected their vulnerabilities, could be the open door hackers exploit to gaining access to Air Force networks. The bad guys can then use that door as a jumping point to other bases and networks.

The Air Force is enforcing the Command, Control, Communications, Computers and Intelligence Support Plan requirement. The purpose of the C4ISP is to identify requirements necessary to ensure a system under development will be fully supportable once handed over to the operating community, a Certificate of Networkiness. The Certificate of Networkiness describes the relative risks associated with fielding a networked system or application.

To add integrity and to prevent this process from becoming just another paper shuffle, the Air Force Chief Information Office signs the Certifi-

cate of Networkiness, stating the system has been evaluated and doesn't pose an unacceptable risk to the Air Force Enterprise Network. If a system is not "networky", the AF CIO will not issue a Certificate of Networkiness.

The certification process doesn't stop there. Once a Certificate of Networkiness is issued, the system then goes to the MAJCOMs for a Certificate to Operate. For MAJCOM to issue a Certificate to Operate, they look at MAJCOM unique issues such as their base's infrastructure, host nation support agreements and funding and training, to name just a few.

Without an approved Certificate of Networkiness signed by the Air Force CIO, and a Certificate to Operate signed by the MAJCOM CIO, a system will not be connected to the Air Force Enterprise Network. There should be no more instances where systems "just appear" without notice, without planning and expecting everything to be in place.

HEY!

**Double your
intake.**

If you aren't looking at the United States Air Force Online News as an additional source of information, you aren't getting all of the news.

Check it out at:
<http://www.af.mil/news-paper>

United States Air Force
 **ONLINE
news**

'Vets,' from page 1 and democracy."

Approximately 100,000 volunteers contribute millions of hours each year improving the medical care environment for veterans with their compassion and individualized attention.

"It means a lot to the veterans to have a national program bringing such a large number of people from the community to thank them in person for their contributions to this nation," said Donna Charles, volunteer services chief for the South Texas Veterans Health Care System.

While activities vary and sometimes include ward visits, greeting card and letter distributions and special recreation programs, the purpose of "Valentines for Vets" is universal. Many organizations on bases, such as the Top 3 groups and company grade officers councils, use this event as a venue to increase community awareness of veterans' programs and to encourage local citizens to become involved as volunteers at VA medical facilities.

Last year, thousands of students across the country sent handmade cards of every shape and size to hospitalized veterans, according to the Department of Veterans Affairs. Through this project, teachers also have the opportunity to tell students about veterans and their service to our nation.

"Veterans have earned our respect and gratitude with the tremendous sacrifices they have made for America's freedom. While we can never com-

pletely repay our veterans for their extraordinary service, sending them a cheerful reminder that they are appreciated and not forgotten will help to brighten their day," said U.S. Sen. Tim Hutchinson, R-Ark., in a Jan. 16 press release. "I know the cards made by these students will mean so much to those who are hospitalized at this time of year. Sending valentines to hospitalized veterans presents a wonderful opportunity for students to be creative and to learn the satisfaction of bringing joy to others."

Accomplished stage and television actor Hal Linden has also teamed up with the VA to honor hospitalized veterans and promote volunteerism at VA medical centers. Linden, best known for his role as television's popular comedic detective "Barney Miller," chairs VA's 2001 National Salute to Hospitalized Veterans campaign.

"As a fellow veteran, Hal Linden knows how much it means to hospitalized veterans to feel the strong community support we count on," said VA Secretary Anthony J. Principi. "We are pleased to have his personal participation in many of these ceremonies, as VA medical centers around the country showcase volunteer opportunities."

Military members interested in participating in 2001 National Salute to Hospitalized Veterans activities should contact their first sergeants for details. Members of the public who are interested in supporting this event should ask for the voluntary service office at any VA medical center.

(Courtesy AETCNS)

For more information about the 2001 National Salute to Hospitalized Veterans, visit www.va.gov/hottopic/.

'Contracting,' from page 2

rules for enlisted, officer and civilian members of Team XL, there are different rules for our contractors. That's not necessarily bad — it's just different.

Having contractors on the team requires us to understand more about how things are accomplished on a base. We can no longer have tunnel vision within our own function. The better we understand how contractors support and impact

functions, the easier the job is. If you're not sure how the contractor fits into your function, just ask a contract specialist.

Each person at Laughlin has the same focus — to train the world's best air warriors. To get the mission done, we need to contract work out now more than ever. Contractors at Laughlin are an integral part of Team XL. They give new meaning to our motto ... "Together we XL!"

Good dental hygiene starts in childhood

The way children care for their bodies today will have an impact on their health years from now. The good news for parents is that preventive dental care has greatly improved the oral health of American children. It's now possible for many children to reach adulthood without ever experiencing tooth decay.

February is National Children's Dental Health Month and the Laughlin staff dentists have these tips for parents and caregivers:

- Take your child to see the dentist regularly, beginning by the child's first birthday. Put only water in a child's nap time or bedtime bottle to prevent baby bottle tooth decay.
- Start brushing the child's teeth with water as soon as the first tooth appears.
- Start flossing when two of the child's teeth begin to touch.
- Brush and floss your child's teeth daily until he or she can be taught to do this alone.
- Make certain your child gets the right amount of fluoride needed for decay-resistant teeth. Ask your dentist about this.
- Ask your dentist about dental sealants, a thin protective barrier that shields the chewing surface of back teeth (premolars and molars) against tooth decay.

Good oral health practices should begin in infancy and continue throughout adult life. You can ask your local dentist or visit the ADA's web site at www.ada.org.

(Courtesy American Dental Association)

Chapel Schedule

Catholic

-Saturday Vigil Mass 5 p.m.
-Sunday Mass 9:30 a.m.
-Confession by appointment.
-Choir 6 p.m. Thursdays.
-CCD 11 a.m., Religious Education Building.
-Little Rock Scripture Study 11 a.m. Sunday in Chapel Fellowship Hall.

Jewish

Max Stool, call 775-4519.

Muslim

Dr. Mostafa Salama, call 768-9200.

Protestant

-General worship 11 a.m.
- Women’s Bible Study, 12:30-2:15 p.m. Wednesday at Chapel. Student Wives’ Fellowship 7-9 p.m. Monday; call 298-7365.
-Sunday school, 9:30 a.m. at the Religious Education Bldg.
-Choir, 7 p.m. Wednesday at Chapel
Chapel Youth Group
-Sunday, 5 p.m. Chapel Fellowship Hall

Chapel staff

Chaplains

Maj. C. Jeffery Swanson
Maj. Frank Hamilton
Capt. Larry Bailey
Capt. Richard Black

Chaplains’ Assistants

Tech. Sgt. Donald Williams
Senior Airman Diana Beauvais
Airman 1st Class Christina Deutsch

“God loves you and we do too.”

For more information on chapel events and services, call 5111.

The XLer

Hometown: San Diego, Calif.

Family: Wife, Yolanda; son, Ryan, 11; daughter, Melanie, 9.

Time at Laughlin: 2 years.

Time in service: 15 years.

Name one way to improve life at Laughlin: Give people a remote tour credit after 2 years.

Greatest accomplishment: Marrying my gorgeous, slightly crazy wife.

Bad habit: Setting too many goals.

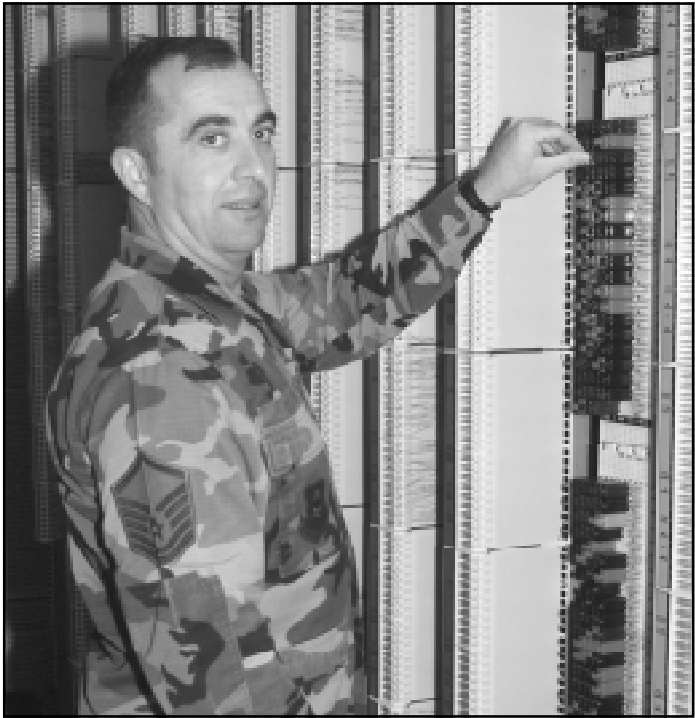
Motto: Make it happen!

Favorite beverage: Bourbon and water, hold the bourbon.

Favorite food: My wife’s buffalo wings.

Hobbies: Completing my honey/daddy do-list.

If you could spend one hour with any person,



Master Sgt. Timothy Griffin
47th Communications Squadron

who would it be and why? Bill Clinton to ask him why he needed to spend more money than all the living former presidents combined

for lodging, yet during all his time in office, he spent so little on those who protected his country!

Sweat: what it can and cannot do

By Airman Greg Garza
XL Fitness Center

It struck me the other day how little is known about the so-called alternatives to losing weight. Over years of searching for ways to gain and lose weight, I have uncovered many different scams, and many healthy solutions to gaining and losing weight.

One of the most common myths is that when a person sweats, his or her body removes unwanted fat. This is completely false. Sweat is a means for a body to cool itself down, while doing this the body does get rid of unwanted items, but this does not include fats.

The majority of what one loses in sweat is water, so when people weigh themselves, it may seem like they have lost about a pound. Then, they may start thinking if they did that ten more times, they would get under their max! However, when they go to replenish those fluids they just lost, a strange thing happens. That pound is back!

Many organizations prey on the lack of information provided to consumers. Items such as saunas, plastic body wear, and steam rooms all promote some type of sweat. Saunas and steam rooms both discourage exercising while enjoying limited benefits. Exercise, along with profuse sweating, will in turn cause dehydration. Dehydration can lead to heat exhaustion and heat stroke.

Heat stroke, the more dangerous of the two, can cause serious medical problems, and in some cases kill a person. This is why plastic body wear is dangerous. Plastic body wear usually calls for some type of light exercise with wear of the suit (this is because anything more extreme can cause for heat exhaustion). When one tries to push it to the limit in order to lose more weight, the only thing he or she is left with is a problem.

Remember, there is no substitute for regular exercise! Consult a local trainer, exercise physiologist, dietitian and fitness specialist for ways to get into shape and lose weight the right way.

Exercise can improve cardiovascular health

By Hank Bowman
Health and Wellness Center

Exercise, Exercise, Exercise! According to the American College of Sports Medicine, a certifying consortium of credentialed health professionals, the benefits of physical activity/exercise are well established. Emerging studies continue to support an important role for habitual exercise in maintaining overall health and well-being.

Persuasive epidemiological and laboratory evidence shows that regular exercise protects against the development and progression of many chronic diseases.

The benefits associated with physical activity/exercise include:

- Improvement in cardiorespiratory function.

- Increased oxygen usage due to both central and peripheral physical adaptations.

- Lower oxygen cost for sub-maximal work intensity.

- Lower heart rate and blood pressure.

- Increased exercise (fatigue) threshold.

- Increased threshold for the onset of disease symptoms.

- Reduction in coronary artery disease risk factors.

- Reduced resting blood pressure in hypertensive exercisers.

- Increased HDL (good cholesterol) levels.

- Decreased triglyceride (fat in bloodstream) levels.

- Reduced body fat percentage.

- Reduced insulin dependence for diabetics.

- Improved glucose tolerance (tied to body fat storage).

- Decreased mortality and morbidity.

- Lower activity and or fitness levels are associated with higher death rates from CVD.

- Increased activity and or

fitness levels have a positive effect on longevity.

- Supervised exercise program reduces mortality rate in post heart attack patients.

- Increased protection from osteoporosis.

The associated benefits and the reduction of CVD risk factors, make exercise an intelligent choice when looking for ways to prevent disease and live a longer, more independent life.

It has been stated that every hour spent exercising adds an additional two hours to your life. Start an exercise program and bank those added hours now.

For more information on this topic, call the HAWC at 6464.

Intramural basketball schedule

1 – OSS I	5 – CES	9 – MED GP
2 – 86 FTS	6 – 87 FTS	10 – SFS
3 – EAST Inc.	7 – OSS II	11 – LCSAM
4 – CS/CONS/SVS	8 – 84/85 FTS	

Tuesday

7 p.m. – 6 vs. 10
8 p.m. – 1 vs. 7
9 p.m. – 2 vs. 11

Thursday

7 p.m. – 8 vs. 10
8 p.m. – 3 vs. 6
9 p.m. – 2 vs. 7

Feb. 26

7 p.m. – 2 vs. 5
8 p.m. – 4 vs. 7
9 p.m. – 1 vs. 8

Feb. 27

7 p.m. – 7 vs. 9
8 p.m. – 6 vs. 11
9 p.m. – 5 vs. 8

March 1

7 p.m. – 6 vs. 8
8 p.m. – 1 vs. 3
9 p.m. – 2 vs. 10

March 5

8 p.m. – 1 vs. 11
9 p.m. – 4 vs. 9

March 6

7 p.m. – 5 vs. 6
8 p.m. – 4 vs. 8
9 p.m. – 3 vs. 7

March 8

7 p.m. – 1 vs. 5
8 p.m. – 3 vs. 11
9 p.m. – 2 vs. 9

March 12

7 p.m. – 2 vs. 8
8 p.m. – 9 vs. 10
9 p.m. – 6 vs. 7

March 13

7 p.m. – 4 vs. 6
8 p.m. – 5 vs. 7
9 p.m. – 2 vs. 3

March 15

7 p.m. – 6 vs. 9
8 p.m. – 7 vs. 10
9 p.m. – 8 vs. 11

March 20

7 p.m. – 9 vs. 3
8 p.m. – 5 vs. 11
9 p.m. – 4 vs. 10

Laughlin history

Q: In the early 70s, a serious fuel shortage hit the U.S. when OPEC cut back on production and sent prices skyrocketing, almost tripling the price of aviation fuel overnight. What efforts did Air Training Command make to conserve fuel and still meet its mission?

- (a) Reduced flying hours/sorties and increased use of synthetic trainers.
- (b) Cancelled one Undergraduate Pilot Training class and slipped others.
- (c) OTS did not accept any pilot applicants for Fiscal Year 1975.
- (d) All of the above.

A: (d) All of the above. By the end of 1975, the situation had improved and ATC returned to the regular syllabus.

OSC auction

The Officer's Spouses Club is sponsoring an art auction and exhibition Saturday. The exhibition begins at 6:30 p.m. at Club XL. The auction begins at 7:30 p.m.

For more information, call Joline Davidson at 298-3177.

Disabled veterans meeting

The Disabled American Veteran Chapter 53 will be meeting Tuesday at the Veterans of Foreign Wars Post #8552 on 1st St. at 4 p.m.

For more information, call Carolee Sommers at 768-3448.

Car wash

Cub Scout Pack 204 will be holding a car wash Saturday from 10 a.m. to 2 p.m. at the base exchange.

For more information, call Michele Smith at 298-7806.

Tricare line

The Health Care Information Line provides a 24 hour, seven day a week medical service information. The number for Laughlin's HCIC is 1-800-611-2875.

College registration

Park University will hold registration for its Spring Term Feb. 26 through March. 16

For more information, call 5593 or 298-3061.

BHC Scholarship

The Black Heritage Committee is offering two scholarships of \$250 and \$150 for all eligible military members E-4 and below assigned to Laughlin. Members must be registered at an accredited college, university, vocational school or junior college.

Scholarship applicants will be asked to complete a 500 word essay on the topic: Why is it important for the nation to celebrate Black History Month? Deadline for submissions is Wednesday.

For more information, call Cedric Pickett at 298-5427, Bobbi Clark at 298-5608, or Roslyn Battle at 298-5620. Email or hand carry essays to the above named personnel.

Sponsors wanted:

The International Office is in search of families to interact with student pilots from other countries. There are student pilots here from Japan, Italy and Singapore. It is a great opportunity to introduce these international officers to our culture and family life.

If you are at all interested, call 2nd Lt. Blane Morgan at 298-5445.

Prayer breakfast

The National Prayer Breakfast will be held at 7:30 a.m. at Club XL Wednesday. Ticket price is \$3.

For more information or to RSVP, call 5111 before Thursday.

Guest sponsorship

Personnel sponsoring groups of people for special events must supply security forces with a typed list 72 hours in advance.

The list must contain what the event is, personnel attending, sponsor's name and a phone number where the sponsor can be reached. Not supplying the appropriate information will delay the entry of your guest.

Black history celebration

The Black Heritage Committee will present the 24th annual Black History Celebration at 7 p.m. Feb. 24 at Club XL. Cocktails will begin at 6:30 p.m.

The menu will consist of roast beef or baked chicken, with baked potato and mixed vegetables.

The price for club members is \$11. For non-club members, the price for tickets is \$14.

The speaker for the event will be retired Chief Master Sergeant of the Air Force Thomas N. Barnes.

For more information, or to purchase tickets, call 298-5750, 5020 or 5914.

Commissary closure

The base commissary will be closed Monday in observance of President's Day. The commissary will reopen Tuesday.

American Legion meeting

The Del Rio/Laughlin American Legion Post #298 will hold its regular meeting Feb. 28 at 7:30 p.m. at "The Barn" across from Laughlin's Main Gate. Members are asked to bring this year's dues.

Discussion will cover this year's activities and more. Anyone interested in veteran and military affairs and benefits is invited to attend. Active duty military are eligible for membership.

For more information, call Murry Kachel at 298-2097.

Tobacco cessation

The next Tobacco Cessation Course begins March 6. Classes will be held on Tuesdays at 10 a.m. and 4:30 p.m. in the Health and Wellness Center.

For more information, call Tech. Sgt. Ray Fernandez at 6463 or 6464.

Employee verification

The Air Force is implementing a new process for civilian employment verification called The Work Number for Everyone.

With TWN, employment and salary verification for mortgages, major loans, credit cards, etc. will be processed in a matter of minutes.

Employees authorize access to their employment and salary information by giving the lender a one-time access code. The information is accessible free, 24 hours a day, everyday. Use of the service is voluntary.

The CPF will distribute information about the program, call 5806 for additional information.

Commissary hours

The base commissary is now operating under new hours:

Sunday – 10 a.m. to 5 p.m.

Monday – Closed.

Tuesday – 7 a.m. to 7 p.m.

Wednesday – 7 a.m. to 5 p.m.

Thursday – 7 a.m. to 7 p.m.

Friday – 7 a.m. to 6 p.m.

Saturday – 9 a.m. to 6 p.m.

Massage workshop

The Family Support Center and Family Life Education and Tracy J. Slate, registered massage therapist will be hosting an infant massage workshop at the Chapel Fellowship Hall Feb. 22 from 3:30-4:30 p.m.

For more information, or to make reservations, call 298-5620.

Website restrictions

Listed below are 10 things a person should never put on a Department of Defense public website:

- Classified, for official use only or unclassified sensitive information.
- DoD contractor proprietary information.
- Privacy Act information.
- Sensitive mission data, such as unit capabilities on performance.
- System capabilities, vulnerabilities, concept of operations, architectures.
- Social Security numbers.
- Home address.
- Date of birth.
- Detailed family members information or pictures.
- Itineraries.